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DEFYING THE ODDS

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WARNING

You can help prevent GRASS FIRES

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DT3 Rachael Stirling named Regional Junior Sailor of Year

By ROD DUREN
NH PENSACOLA PUBLIC AFFAIRS

DT3 (FMF) Rachael Stirling is the 2005 Naval Hospital (NH) Pensacola's Regional Junior Sailor of the Year.

The assistant leading petty officer at Naval Branch Health Clinic (NBHC) Millington is known as the clinic's "designated resident expert." The San Mateo, Calif., native "can work wherever she's needed," said the NBHC Millington officer-in-charge, Capt. Paul Gerhardt, "whether that's in a chair-side dental support capacity or in an administrative position." "She is a "mission-focused Sailor that consistently demonstrates a highly diligent work ethic."

Stirling also performs as Dental's front-desk supervisor where she assists in managing and supervising the daily routines of six dentists, 12 dental technicians, six civilian staff members, 24 student-hygienists, a dental hygienist and five dental-assistant students. Noted as a superior leader with the highest degree of professionalism and commitment while only being at the Millington branch clinic for six months. Her duties include being responsible updating patient treatment and information for 1,500-plus patient records. Once updated, she enters the information into the Navy's Dental Common Access System, which allows a Navy-wide dental community to examine and evaluate treatment needs and productivity through a secure Navy-wide web site.

When she's not conducting her primary job duties, Stirling finds a few extra collateral duties to keep her busy. She's a member of the following teams: Process Improvement, Command Training, and Health Promotions. Stirling is also currently attending the University of Memphis.

The dental technician is NSA Mid-South's point of contact for the Navy's Sexual Assault Victims Intervention Program, which provides aid, counseling and medical advice for victims of sexual abuse and sexual assault. Stirling has also cross-trained in the clinic's medical laboratory where she's developing her skills in processing thin prep gynecology specimens for packaging for shipment. She's also training in phlebotomy (blood-drawing) procedures.

Stirling earned her Fleet Marine Force (FMF) designation near home at Camp Pendleton, Calif. She's also served with the 11th Dental Company of the 3rd Fleet Service Support Group (FSSG) in Okinawa, Japan and with the 23rd Dental Company detachment with the 1st FSSG at Camp Pendleton. While deployed to Iraq in support of Operation Iraqi Freedom, Stirling went on helicopter support teams that delivered Class I supplies to isolated camps in Iraq. "It was an assignment that held the most significance because I was actually able to apply my skills learned in Field Medical Support School and to work as a field corpsman," Stirling said.

Here in the local community, Stirling was the base representative for the "Holiday Food Drive" last fall, provided medical coverage and monitored the health conditions of 74 runners at the annual "Turkey Trot 5K Run," and participated in Career Day at the NSA Mid-South Child Development Center, where she instructed nearly 90 children on proper dental hygiene. "I am pleased to be stationed at this command," adds Stirling. "When I received orders here, I was eager to be a part of the Navy's medical and dental integration process."

NH Pensacola is a parent command of 12 NBHCs spanning four states, including NSA Mid-South.



Bravo Zulu - DT3 (FMF) Rachael Stirling is the Naval Hospital Pensacola Regional Junior Sailor of the Year. Stirling, who is assigned to Naval Branch Health Clinic (NBHC) Millington, now goes on to the Navy-wide competition. (Photo courtesy of NBHC Millington)

By JOC MICHAEL FOUTCH
TASK FORCE UNIFORM PUBLIC AFFAIRS

WASHINGTON (NNS) — Outfitting the sailor of the future took another step forward last week when Chief of Naval Operations Adm. Mike Mullen approved plans for a single working uniform for all ranks and a year-round service uniform for E-6 and below sailors.

Based on recommendations made during a comprehensive briefing by Task Force Uniform Feb. 24, Mullen agreed to production of both a BDU-style working uniform for all sailors E-1 to O-10 and a more practical, year-round service uniform to withstand day-to-day classroom and office-like environments where the service uniform is typically worn. "These are good uniforms, designed to support the modern sailor," said Mullen. "Durability, safety, ease of wear and cleaning were all factors that weighed heavily on my mind,



Yeoman 1st Class Erin Morgan stands at attention as she models the khaki year-round concept service uniform for Sailors E-6 and below at Naval Medical Center San Diego, Calif. CNOCM Robert B. Carroll, director of Task Force Uniform, says the uniforms were developed from a response to the fleet's feedback on current uniforms. (Photo by JO2 Brandon W. Schulze)

as did, quite frankly, the survey data and the opinions of wear testers. This wasn't a popularity contest by any stretch, but we would have been foolish not to consider the opinions of the men and women who will wear these uniforms."

The BDU-style working uniform, designed to replace seven different styles of current working uniforms, is made of a near maintenance-free permanent press 50/50 nylon and cotton blend. Worn with a blue cotton T-shirt, it will include an eight-point cover, a black web belt with closed buckle, and black smooth leather boots, with black suede no-shine boots for optional wear while assigned to non-shipboard commands.

"When I walk down the piers, I see a sailors standing watch as a pier sentry in January and it's 30 degrees and freezing rain," MCPON (SS/AW) Terry Scott said. "You have to ask yourself, does the

See Uniforms, 3



Darienne Ingalls breaks out her skateboard and rolls down the sidewalks in Capehart Housing. Like most residents, Darienne is enjoying the spring-like weather that has replaced the snow and cooler temperatures just a month ago. (Photo by Art Frith)

NEWS BRIEFS

We're Back! - The Bluejacket is once again available on-line @ <http://www.nsamidsouth.navy.mil>.

Navy-Marine Corps Relief Society offers assistance, if a personal emergency occurs. This organization exists to help Sailors, Marines and their families in need. The hours of operation are as follows: Monday through Friday, 9 a.m. to 1 p.m. Please call NMCRS at 874-7350, if help is needed. The newly renovated Navy-Marine Corps Relief Society Thrift Store is

open Tuesday through Friday from 10 a.m. to 2 p.m., and on the first Saturday of the month. Look for new extended Thrift Store hours to be announced in the near future.

There will be a Cultural Diversity Committee meeting Monday, March 13 at 1 p.m.. The meeting will be conducted at the Lassen Bldg. in conference room 259. This is a new committee aimed at promoting diversity throughout the base. All commands are encouraged to send a representative. For additional information, contact ABEC(AW) Hill at 874-4405, MA2 Freeman at 340-8457 or MA2 Ocampo at 628-8846.

Send us your comments to bluejacketmil@yahoo.com.

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COMMENTARY

Drugs and alcohol ... they do impact readiness

Hoo-yah, Warriors! I recently wrote an article on drinking and driving trying to get the message out. But unfortunately the topic of drug- and alcohol-related offenses comes up enough that I wanted to try a different tactic by explaining their impact on readiness.

What is the impact of drug- and alcohol-related incidents on readiness? It is much more than it may appear. Let us first talk man-hours - I hate to talk so clinically about this topic, but one thing leads to another, and lost man-hours really is the first step in the bigger picture.

When we have a sailor who has an incident with drugs or alcohol, the obvious loss of man-hours comes to mind but there's more.

The time he or she is in custody, the time he or she spends being interviewed by everyone required to talk to the sailor, the time he or she spends at NJP or court martial, and possibly the time he or she spends awaiting separation from service. And oh, did I mention the impact for life it will have on you if you're separated under other than honorable means. This adds up to many lost man-hours



BY PACIFIC FLEET MASTER CHIEF (SS/SW) R.D. WEST

from that sailor, potentially including the lost of time (which can be years) he or she contractually agreed to give the Navy if the sailor is discharged as a result of his or her situation.

But looking at it deeper, it is not just a loss of hours from the sailor who caused the incident. Every individual who has to fulfill a duty in every aspect of that sailor's situation loses hours they would have spent working on something else.

So, we've already gone up exponentially from one individual's lost time to up to several dozen individuals' lost work time - people at the mast who include the commanding officer, the duty master-at-arms, witnesses, the individual's leading petty officer, leading chief petty officer, divi-

sion and department head and command master chief.

But just those individuals who need to be at the mast are not the only one's whose time is lost. There are also the yeomen and personnel specialists who have to fill out the paperwork. There are the many hours of extra duty that have to be supervised and the required musters the duty master-at-arms must attend. Plus every hour the sailor had to spend at medical or with the JAG.

And because a sailor has a drug- or alcohol-related incident, they are also required to meet with DAPA, go through classes, and receive counseling. And all of that takes more time away from people who could've been doing something else.

So, just from one incident, that sailor has caused the Navy possible YEARS of lost man-hours from many sailors in many different jobs. Hours that could've been spent performing tasks vital to the Navy. But lost man-hours are not the only effect the incident has.

Now for you reading this article who pride yourselves on being the best you can be have to work harder

to take up the slack.

There is a loss of money - both from the cost to run all the programs and the money it takes to pay people to do a job that doesn't have to be necessary - like filling out paperwork related to these incidents.

There are the inevitable manning shortages that follow. It can be that the sailor is getting discharged, or it can be from a loss of a security clearance - one of the possible outcomes.

If a sailor in a job needing a clearance loses it, that sailor can no longer work in the office and that office usually cannot receive a replacement until the sailor transfers. So, that sailor's old co-workers now have to pick up extra work because one sailor made a stupid decision.

And if a sailor has a drug- or alcohol-related incident, he or she can be denied a top secret SCI clearance for having that incident in his or her history.

Having a drug- or alcohol-related incident also affects the people surrounding that sailor. He or she will have to face their family after what he or she did and will have to live with that for life. And the

community the sailor is based in will have a degraded opinion of the Navy as a whole because of the action of that one sailor.

And I'm not even touching on how this incident affects the individual sailor - if I wanted to go into that instead of readiness, I'd talk about how negatively everyone who knew that sailor now thinks of him or her. There is a loss of reliability and trust, along with the obvious dislike for having put his or her friends and coworkers in the position that inevitably follows.

So, having one sailor get a drug- or alcohol-related incident will cause: lost man-hours, which reduces the efficiency of our Navy; manning shortages, which can cause stress to coworkers and effect the efficiency of a shop, which can effect the efficiency of their command, which can effect the efficiency of the Navy, and; embarrassment to the sailor and Navy, which can effect how the community, and in some cases foreign countries and the world, view our Navy and country.

It's a lot of wide-reaching effects that one decision has. A decision that, if the right outcome is picked (and we all know that is to

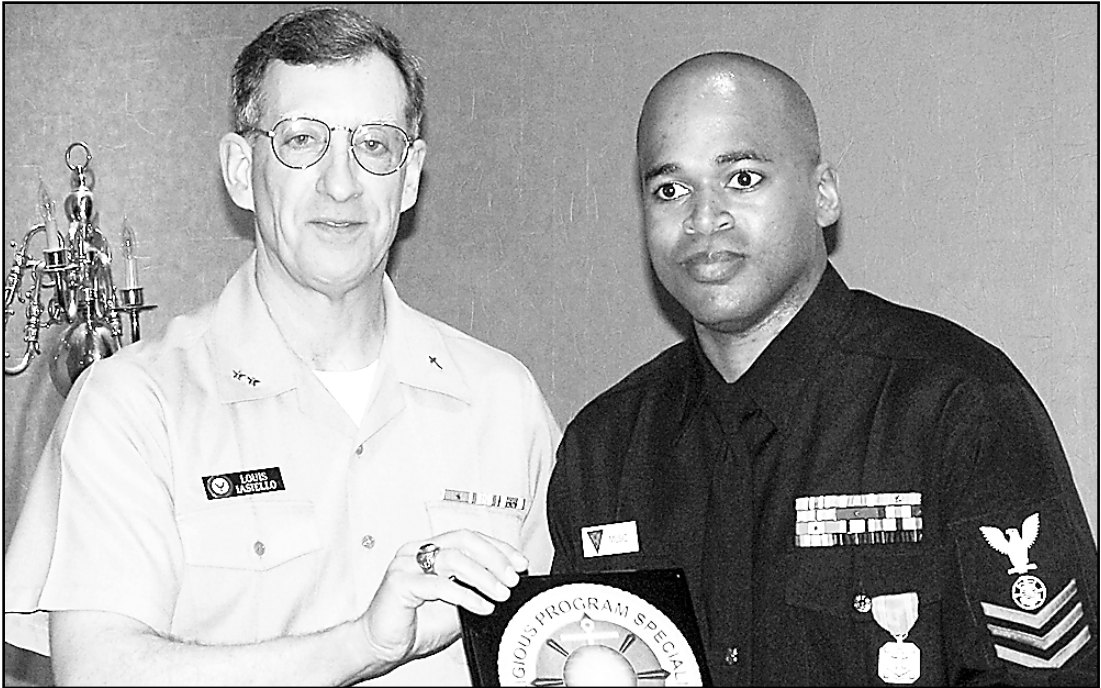
say, "no"), can keep the Navy's combat readiness at a top level.

That right decision is exactly what we mean when we talk about our high standards of performance, military discipline and readiness. It IS pride, professionalism and personal excellence.

And to all the sailors out there who have made that right choice, I thank you for not putting those burdens on your family, co-workers, command, community, Navy and country.

And to those of you who haven't made the right decision, but haven't been caught, I want to assure you that our urinalysis programs are good and you will be eventually caught, so please reconsider the consequences your actions have and don't be that person who causes so much strain and pain. So to recap: we have ZERO tolerance for drugs, you will get caught, and ensure if you decide to drink you drink responsibly-NO TOM-FOOLERY!

Make sure you're never the person who causes so much harm to our community and our Navy; make the right choice! See you on the deckplates, Warriors.



WELL DONE

RPI (FMF) Michael Music receives the Navy-Marine Corps Achievement Medal from Navy chief of chaplains Rear Adm. Louis V. Lasiello in recognition of his selection as the Shore Religious Program Specialist of the Year. (U.S. Navy Photo)

FEDEX ST. JUDE CLASSIC 2006

The 49th FedEx/St. Jude Classic will be held May 24-28 at TPC Southwind in Germantown. That date is two weeks after the EDS Byron Nelson Championship and two weeks prior to the U.S. Open Championship, which traditionally provides a strong field.

Tournament officials are looking for 45-50 volunteers to assist with crowd control for the entire course (18 holes) during the course of play and immediately following the daily matches. Breakfast and lunch will be provided for to the volunteers on a daily basis.

The entire tournament will be broken down into work shifts, with each being a morning (8 a.m. - 1 p.m.) or afternoon (noon - 6 p.m.), with a minimum of four work shifts required from every volunteer. Most of the volunteers are needed for the latter part of the week (Thursday - Sunday).

For more information on the golf tournament, or to volunteer your time, contact Curtis Beck at dabecks@peoplepc.com or 840-3147; Steve Sisung at steve_sisung@msn.com or 837-3161; or Art Weekley at artweekley@hotmail.com. Requests to volunteer must be made by March 20.

Chaplain's Corner

DOES DRIVING TO WORK INSPIRE YOU?

BY CHAPLAIN ROB BEEDE

I know it sounds funny to ask if driving to work inspires you. I used to be in a hurry to get to work. Then I thought, as a chaplain I should probably slow down a little bit. Now I take more time to enjoy the beauty of the Tennessee morning. I love seeing the sun peak over the horizon and paint pastel colors across the sky as it welcomes the new day. I enjoy hearing the birds sing as they add melody to the morning. To top it off, the flowering trees and tulips and daffodils bring color and beauty to the drive.

Taking time to enjoy nature has helped make the drive to work sacramental. You see, each day as I see the sun rise, it reminds me of God's daily faithfulness to each of us (Lamentations 3:22-24). The colorful flowers make me think of the Bible verse where we are told that God "clothes" the flowers and He will feed and clothe us too (Matthew 6:29-31). The singing birds teach me to take time to thank God for the beautiful world He has made and for how he takes care of us.

Does driving to work inspire you?

OOOPS!

NAVAL SAFETY CENTER

Once again this week, we demonstrate how zero plus zero equals one, or in this case, zero planning plus zero risk assessment equals one injury.

A painter parked his van outside a housing unit and went inside to do some work. When he returned, he found that ubiquitous urban scavenger, the gray squirrel, had invaded his vehicle. The painter tried to shoo it away by waving his hand at it. Should be sufficient, right? The painter has the height and weight advantage along with a much larger brain. The squirrel, however, had sharp teeth and wasn't in the mood to leave the van. So he bit the painter, no doubt thinking, "Hey, pal, cool it. I've got a bead on a partly eaten pack of peanut-butter-and-cheese crackers under the passenger seat." Lesson learned: Don't threaten wild animals. Next time, leave the door to the van open, walk to the nearest grocery store, buy a large bag of peanuts, return to van, and make a trail with the peanuts away from the vehicle and into the nearest shrubbery.

Next we have an ensign who got locked in a briefing room ("inadvertently," the report says, to ward off suspicion that he was being punished for sub-par PowerPoint slides). The lock was broken, and in order to get the attention of the roving watch, the ensign began tapping on the glass. The tapping turned to rapping and then to knocking and then to outright pounding, at which point the glass broke and the ensign cut his wrist. We're not sure why he got so vigorous about it. Maybe the roving watch was on another floor of the building. Pounding on the wooden part of the door would have been more expeditious, doncha think?

The "mission": break a CD in half. The reason is unknown. Doing this task shouldn't take more than a second, should it? They are just plastic and flexible. How much thought and planning could this take? For example, you really need to do a risk assessment? Why not ask that coworker who is sitting beside you, the person spewing expletives and trying to extract a sliver of CD out of his eye?

Now, for the Summary of Mishaps History Tidbit. Everyone with a scintilla of knowledge of navy history has heard of Adm. Arleigh Albert "31-Knot" Burke, a three-time CNO. Burke got his nickname based on the speed at which his destroyer groups steamed around the Pacific during World War II. You probably haven't heard of Lt. Cmdr. Archibald "32-Knot" Speedburgen, who blew up the main boiler on his destroyer after having his chief engineer "tweak" it to increase performance, a process that unfortunately blocked off a pressure-relief valve. Speedburgen's tin can, as a result, was adrift for two days and never made it to the Battle off Savo Island. His absence was noted with displeasure, and his career never got back on track.

When you find your true love, you can't wait to put on that wedding ring. And after the ceremony, a lot of sentimental folks are reluctant to take off their rings. Which is heartwarming, except for the fact that we tend to be surrounded at work by pieces of equipment that are more than willing to take off the ring for us. For example, a BU3 was riding in the back of a 6-by-6 tactical truck, a powerful vehicle that can splash through five feet of water, carry 15 tons, and climb a 60-percent grade. The Sailor was wearing kevlar and flak battle dress. All in all, an impressive pairing of high-tech equipment, about to be undone by a very low-tech hazard. As our modern warrior was dismounting, his wedding ring got hung up between the seats. He lost his footing, slipped on some gravel, and twisted his ankle.

Same church, different pew. An AS2 was installing a battery on a hydraulic servicing unit. Not a particularly demanding task, unless, as you tighten the positive terminal, you also touch the bottom of the air cleaner and your wedding ring with the wrench. Brrrrzzzaaapp! Second and third degree burns on his finger.

That's it for this week. Until next time, stay safe.

Calendar

The Memphis chapter of the Vietnam Veterans of America meets at the Ridgeway Baptist Church the first Thursday of every month at 7 p.m. Veterans, family and friends of veterans and those interested in learning more about Vietnam Veterans are cordially invited to attend. Please call Paul Boundy at 874-3947 for more information.

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This extinguished grass fire on the grounds of NSA Mid-South illustrates the dangers of disregarding smoking material. The fire inspector encourages people to use caution this spring.

Spring into the season with caution

NSA Mid-South encourages all to beware of dangers of throwing smoking materials into grass

By William J. Murphy
NSA Mid-South Fire Inspector

Springtime is fast approaching here at NSA Mid-South. We have had a good amount of rain here in the last couple of months. Maybe this is the reason some people believe that throwing smoking materials out of their vehicle window is okay. Nothing could be further from the truth.

Last week we had two grass fires here. On March 3, one was started just behind the Fitness Center. This one burned approximately 200 square feet of grass. The suspected cause was from lawn maintenance equipment - a weed eater.

We had another grass fire the next day. This time the fire was on the Northside, on Navy Road, just across from the Auto Hobby Shop area next to the National Guard Armory. The cause of this fire is suspected to be the unauthorized disposal of smoking material. Translation, someone threw a lit cigarette out of a car window. The fire consumed approximately 4,500 square feet of grass and threatened a very large natural gas valve, which means it could have quickly escalated

into a major fire and hazardous materials incident combined! Both incidents were handled by the NSA Fire Department, but given the dry grass and windy conditions, could have easily gotten out of hand.

Just because the ground is wet doesn't mean that the grass is wet. The grass at this time of year is dead and dry. This is the fuel for the fire and can easily be ignited. So please be careful with your smoking material and do not casually toss them on the ground. Not only is it a fire hazard, it's also littering, which can bring you a fine and/or disciplinary action, regardless of if you are military or civilian. Dispose of all smoking materials in their proper non-combustible containers. Inside a vehicle, your ashtray is the proper receptacle. Designated smoking areas should have non-combustible containers.

These simple precautions are designed to keep you, your family and friends safe. The greatest asset that the Navy has is its people. We can replace equipment but we cannot replace you. For any questions on this subject or other fire safety related matters contact the NSA Mid-South Fire Prevention Office at 874-5259/5644.

Uniforms

CONTINUED FROM 1

uniform that we currently issue protect us, and the answer is no."

To meet the all-weather requirement, the new working uniform will include several cold weather options, such as a unisex pullover sweater, a fleece jacket and a parka. It will also be made in three variants, all in a multi-color digital print pattern: predominately blue, with some gray, for the majority of sailors and shipboard use; and a woodland digital pattern and a desert digital pattern for sailors serving in units requiring those types of uniforms. "The intent of TFU always has been to give our sailors a uniform in which they can work comfortably everyday and is more appropriate for the joint environment in which we operate," Scott said. "Even better, we've created a uniform that's also easier to maintain, is longer lasting, helps reduce the size of the sea bag, while at the same time recognizing the tradition and heritage of serving in the Navy."

The service uniform for E-6 and below is comprised of a short-sleeve khaki shirt for males and an overblouse for females, made from a wash and wear 75/25 polyester and wool blend, with permanent military creases, black trousers for males with belt less slacks for females and optional belt less skirt, and a black unisex garrison cap. Silver anodized-metal rank insignia will be worn on shirt/blouse collars and cap. The service uniform will also include a black relaxed-fit Eisenhower-style jacket with a knit stand-up collar and epaulets, on which petty officers will wear large, silver anodized-metal rank

insignia. Those entitled to wear gold chevrons will continue to wear gold chevrons on the large metal rank insignia on the jacket. "In our research, we found the group most dissatisfied with their present uniforms were E-6 and below," Scott said.

The manner of wear for both of these new uniforms remains under development by TFU and will not be effective until guidelines on prescribed wear are incorporated in the Navy Uniform Regulations. "There are a lot of concerns about the manner of wear for the working and service uniforms that we need to address, so we have a smooth transition when the time comes," TFU director CNOCM Robert Carroll said.

The working uniform and service uniform are not expected to be available for purchase and wear until late fall of 2007, after which they will be introduced to Recruit Training Command and eventually distributed to the rest of the fleet. Details on when the uniforms will be available for purchase and wear at specific geographic locations will be released at a future date. Until the new uniforms are available for wear, all existing uniform regulations will apply. During the expected two-year transition period, sailors will be required to maintain a complete inventory of sea bag items with each reflecting a professional appearance. "We want our sailors to keep a professional appearance," Carroll said. "We don't want people wearing worn-out uniforms because they're waiting for the new ones to hit the shelves."

Once the working and service uniforms are adopted, sailors will receive a uniform maintenance allowance appropriate to

support purchase and wear.

The announcement of the new uniforms, Carroll said, is the culmination of a three-year project that began with the charter of Task Force Uniform to deliver a proposal to reflect the requirements of a 21st century Navy. An analysis of a fleet-wide survey conducted during the summer of 2003 led to the creation of concepts for working and service uniforms for a wear test and another fleet-wide survey last summer.

"I just can't say enough about how meticulous and thorough TFU director Master Chief Rob Carroll and his team approached their work," stressed Mullen. "The process they established and maintained was rock solid — measured and analytical. They looked at hundreds of options, studied countless pattern and color designs, and fretted over every minor detail, from button style to stitching. I am enormously proud of their effort, and every sailor can be, too." The work of TFU will not stop. Next on the agenda is to evaluate additional uniform options, such as reviving the traditional service dress khaki uniform for chiefs and officers, conducting research on the feasibility, cost and distribution of a service-wide physical training uniform, consider adoption of a ceremonial cutlass for chiefs, and investigate adopting a more practical service-wide, all-weather coat that would provide a better military appearance. "The bottom line for me in making these decisions," said the CNO, "is culture. Uniforms reflect our culture — who we are, what we stand for. I've said all along that no matter which way we go, I want sailors to look like sailors. I really believe these uniforms pass that test."

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EPMAC EMPLOYEE NAMED HONORARY SEABEE

BY J03 JENNIFER A. FORTHOFFER
ENLISTED PLACEMENT
MANAGEMENT CENTER

Earl Robinson recently joined an exclusive group who's membership roles includes bestselling author Joe Buff and former President Ronald Reagan. Robinson, who works as the head of the Specialized Placement Department at the Enlisted Placement Management Center (EPMAC), was recently recognized as an honorary Seabee for his meritorious service to the accomplishment of the Seabee mission.

Nomination as an honorary Seabee is warranted for beyond standard support of the Seabees, their mission and that of the Navy as a whole. Nominations can be submitted by any Civil Engineer Corps officer, or an occupational Seabee ranked chief petty officer or higher, but its final approval rests with the chief of civil engineers, Rear Adm. Michael K. Loose. In the two-and-a-half years that Loose has served as the chief of civil engineers, only 10 have been authorized. "I



was surprised to receive the award," said Robinson.

A native of Alexandria, La., Robinson is responsible for the readiness and deployability of the Seabee rate, as he and his team are responsible for the distribution of approximately 9,000 Seabees. Manning and distribution of the Seabees is crucial to the Navy mission to maintain, train and equip combat-ready naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas. Having them when we need them and where we need them is a dire element of combat-effectiveness.

Coworkers understand why Robinson was selected

to receive the honor. "Mr. Robinson's Seabees, through his guidance, have greatly improved the manning of all Naval Construction Force units during peace time, surge requirements, and through the NCF (Naval Construction Force) transformation," said Ensign David A. Frye, who worked as the division officer of Specialized Placement from October 2001 to December 2003, and who nominated Robinson. "Second, [he] embodies all the Seabee traits. He works hard, dresses sharp, doesn't get pushed around, tells sea stories and always gets the job done."

According to Frye, Robinson is a true team player, and puts the needs of the fleet at top priority. "Unless something is specifically prohibited by instruction or law, [Robinson] always empowers his people to find a way to resolve manning deficiencies by being proactive and with a tremendous sense of urgency. He truly feels his Seabees can do anything," he said. "Mr. Robinson is an unsung hero of the Seabee mission success. He gets sharp Seabees in his office, trains them on the Navy's manning and distribution system, and many times allows them to leave after a couple of years to re-join deploying units."

"The incredible experience he brings to the table when you're talking about any aspect of manning and placement is outstanding," said BUC Anthony R. Chance, distribution analyst for Specialized Placement.

For Robinson, though, all the credit goes to his team. "The best thing about this job is that we're doing something constructive for the Navy," he said.

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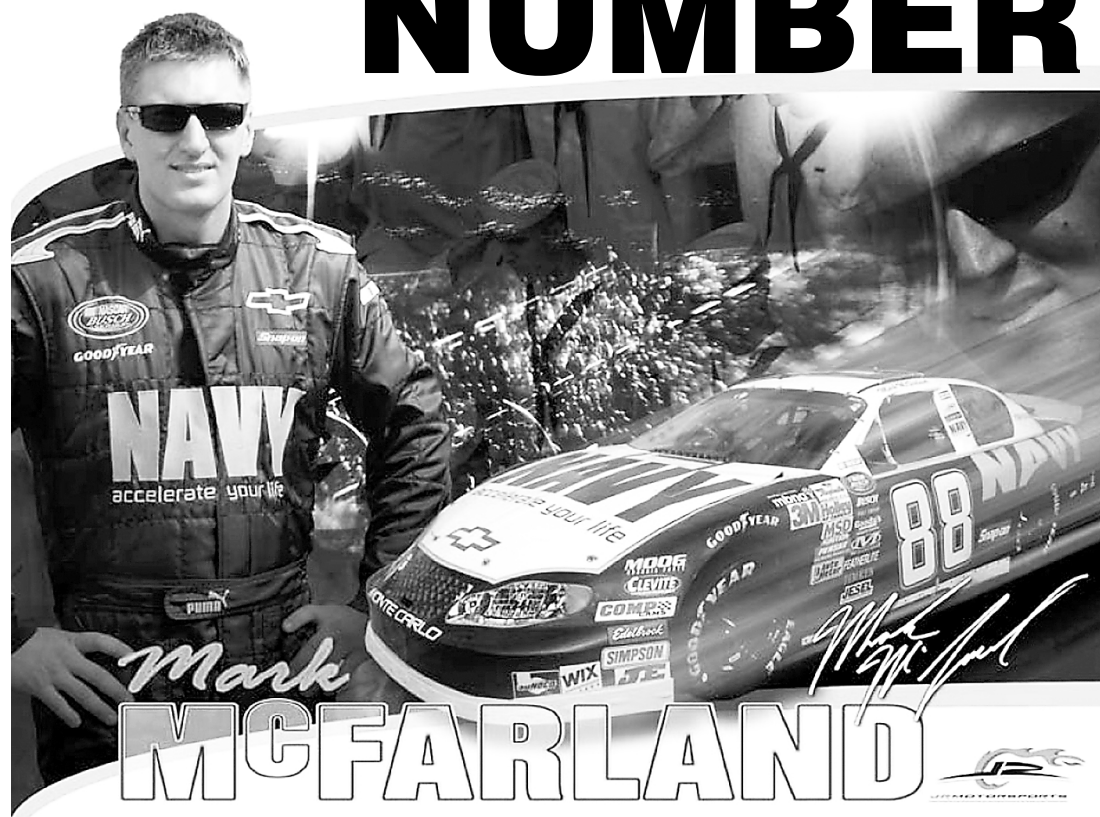
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Oakland
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(Just 15 min. past Wolfchase Mall)
466-7050

NO. 88 Vegas Lucky NUMBER



BY JEFFREY NICHOLS
COMMANDER NAVY RECRUITING
COMMAND PUBLIC AFFAIRS

The Navy's 2006 NASCAR Busch Series team will continue its quest for the 2006 championship March 11 at the Las Vegas Motor Speedway in Las Vegas, Nev.

In the fourth race of the season, driver Mark McFarland will be at the wheel of Dale Earnhardt

Jr.'s JR Motorsports-owned No. 88 Navy "Accelerate Your Life" Monte Carlo. The Fleet Honoree for the Sam's Town 300 will be the USS Bonhomme Richard (LHD 6). Assigned to Amphibious Group Three, USS Bonhomme Richard's mission is to embark, deploy and land elements of a Marine landing force in amphibious assault operations by helicopter, landing craft, amphibious vehicle or

any combination of these means. The Navy has used its association with NASCAR over the past two years to increase America's awareness of the opportunities to serve our great country.

The Las Vegas race will be televised live at 6:00 pm Eastern time to a national audience on the FX Network and broadcast on Performance Racing Network (PRN) radio.

Crossword: Brought to you by

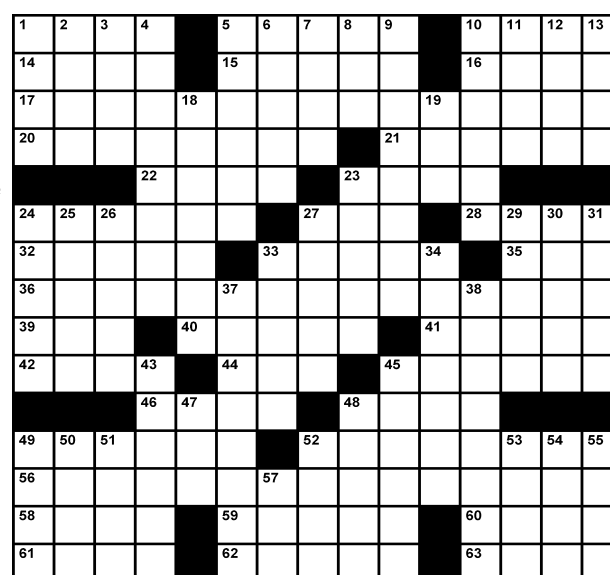
**Webster
UNIVERSITY**

ACROSS

- 1 Narrative of heroic exploits
- 5 Root in the stands
- 10 Way around London, perhaps
- 14 "I've Got ___ in Kalamazoo"
- 15 In what way?
- 16 Costa ___
- 17 Does the expected amount of work
- 20 Mariner
- 21 Music fan's purchase, perhaps
- 22 Homages that may be urned?
- 23 Writer Morrison
- 24 Irritates
- 27 Airline ticket word, sometimes
- 28 All ___ (attentive)
- 32 Loan shark's offense
- 33 Ray of the tropics
- 35 Writer Scott-Heron
- 36 Turns a whisper into a shout
- 39 Word heard at the Westminster Kennel Club
- 40 Apportioned (with "out")
- 41 Remained still while running
- 42 First family's residence
- 44 They can get burned in PCs
- 45 Cake tiers
- 46 They were once completely nuts
- 49 Wind-tunnel sound
- 52 Puts an end to
- 56 Waits in anticipation, in a way
- 58 Initial victim
- 59 Some British change
- 60 Forearm bone
- 61 It's sometimes struck
- 62 Got up
- 63 Sound of an angry exit

DOWN

- 1 Gullible ones
- 2 A malarial fever
- 3 Festive affair
- 4 Position for playing horsey
- 5 Daily duties
- 6 Cutting edge creators
- 7 Pouring vessel
- 8 Man of Steel monogram
- 9 Dinghies
- 10 Ed Norton's wife
- 11 Arranges the outcome
- 12 Feel sore
- 13 "The Simpsons" creator Groening
- 18 Visibly woeful
- 19 One billion years, in astronomy
- 23 With prongs
- 24 Prize money
- 25 "Why? Because ___ so!"
- 26 Considerably
- 27 Turbine features
- 29 Spy
- 30 Chef's gadget
- 31 Vehicles with runners



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TIGV LNVM ARNSN
SREVE VIA SENOID
INOL SGO
IESXOB REBVFVES
IHOTIM SNOSTND
VOIR OSMOH TVGV
WVRI REHO VOVVS

Got News?

The Bluejacket staff is soliciting your story ideas. You don't need to be a journalism school graduate, you just need a newsworthy suggestion. Suggestions for The Bluejacket can be e-mailed to MILL_NSA_Bluejacket@navy.mil, faxed to 874-7366, or hand-delivered to our offices on the first floor of Bldg. 455 (the NSA Mid-South command building). If e-mailed, please provide suggestions in Microsoft Word or a compatible word-processor format. Any questions, please call us at 874-5520/874-7978.

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DEFYing the odds



RP2 (FMF) Edmond Garrett, EN1 (SW) Eric Lindsey and MA2 (SW) Eric Freeman present NSA Mid-South commanding officer Capt. Matt Straughan with a plaque recognizing the command's sponsoring the Drug Education for Youth (DEFY) program for three consecutive years. (Photo by Art Frith)

ENERGY CONSERVATION = COST SAVING

COURTESY OF NSA MID-SOUTH ENVIRONMENTAL DEPARTMENT

Energy conservation is a priority in the Navy. Each year we look at raising the bar in developing more sustainable installations and establishing new energy efficient practices, while continuing to support warfighter readiness and our mission in Iraq and Afghanistan. In the wake of the destruction caused by the hurricanes of recent years, and the shortage of resources that follow these natural disasters, it is even more important to conserve when and where we can.

A new directive has been passed down from the President through the Secretary of the Navy to each installation that requires installations to reduce energy consumption to Common Output Level 3. Additionally, bases must reduce the use of gasoline and diesel fuel by eliminating any non-essential travel and implement specific energy conserving practices such as:

- * Thermostats in all buildings will be set no higher than 68 F during heating season and no lower than 78 F during the cooling season. Air conditioning and heating costs are reduced by 1 to 4 percent per degree change. An estimated 25 percent of an installation's electric bill goes toward air conditioning and heating.
- * Shut off all lighting at the end of the day and on weekends.

- * During the workday, unnecessary lighting should be shut off, windows and natural lighting should be used.
 - * Turn off monitors, printers, copiers, and other office equipment at the end of the workday. All NMCI computers must be left on for necessary updates, but the monitors may be turned off.
 - * Space heaters are not authorized and should be removed from offices. The use of personal fans, coffee pots, cup warmers and refrigerators should also be assessed. These plug loads can account for 5 to 10 percent of an activity's overall electric consumption. Large refrigerators in authorized coffee messes and break rooms should be used instead.
 - * Maximize the use of shuttle buses or carpooling.
 - * Tenant commands and all departments should appoint a building energy monitor to ensure that these measures are followed.
- Mayport has been quite successful in the past with the base energy conservation program. Many energy conservation items have already been implemented; however, it is up to each of us individually to implement everything we can. If you see an area your department can improve on, set the example. The above list is not all encompassing, so feel free to offer suggestions to your command or the public works department.

Hurricane Disaster Relief Meeting

A town hall meeting dealing with hurricane disaster relief will be held at the Pat Thompson Conference Center on Mar. 17 from 10 a.m. to 12 p.m. All active duty, retired, and reserve military, Department of Defense civilians, and family members are invited to attend.

Information and recommendations on a host of disaster-relief legal concerns will be provided, such as the Personnel Claims Act, FEMA basics, Small Business Administration programs, and bankruptcy considerations.

New online vehicle decal renewal process

COURTESY OF NSA MID-SOUTH PASS & ID OFFICE

DoD military personnel, family members, civilian employees, contractors, and retirees can now renew expiring DoD vehicle decals on-line.

This new secure renewal system, which went on-line Mar. 6, is simple to use, can be used from any location, and is a real time saver. Not only can you renew an expiring decal, but you can also update personal information-such as address or vehicle license plate number-or request a replacement locator strip.

The steps to renewing online are simple. Go to <https://www.pid.cni.navy.mil?Region=CNRSE> to access the Vehicle Decal Renewal Request Form. Select "Before You Begin" to get a

list of the documents you will need. Once you have the required information, it takes just a couple of minutes to fill out the form. If you have any questions while filling out the form, just select the provided help file. After you have submitted your form, your application will be processed, and your new decal, date tabs, and/or locator strip will be mailed to you at the address you provide on the form.

To know whether you are eligible to renew online, go to the Web site listed above, and select "Who Can Renew Online?" If the base where you received your existing decal is listed, why not save yourself a trip to the Pass and ID Office?

For questions regarding vehicle registration policy, please contact the Pass and ID Office at (901) 874-5537 or the Physical Security Office at (901) 874-7064/36.

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LEGAL LESSONS

By David Britton Peel
Attorney at Law
www.coleandpeel.com
Myths that May Stop You From Saving A Life

Approximately 88,000 people are on the national organ transplant waiting list, waiting for kidneys, livers, pancreases, intestines, hearts and lungs. Nearly 7,000 people died waiting for an organ transplant in 2004 - that's almost 19 a day. They died because not enough organs were donated for transplantation. If you've delayed your decision to be a donor because of a belief you've never fully explored, here are answers to some common organ transplant myths and concerns.

1. Myth. If I agree to donate my organs, my doctor or the emergency room staff won't work as hard to save my life. They'll remove my organs as soon as possible to save somebody else.

Reality. When you go to the hospital for treatment, doctors focus on saving your life - not somebody else's. You'll be seen by a doctor whose specialty most closely matches your particular emergency. This effectively shuts the door to your being treated by a transplant physician, who works solely with transplant candidates and recipients. The doctor in charge of your care has nothing to do with transplantation.

2. Myth. My family will be charged for donating a loved one's organs.

Reality. The organ donor's family is never charged for donating. Your family is charged for the cost of all final efforts to save your loved one's life, and those costs are sometimes misinterpreted as costs related to organ donation. Costs for organ removal go to the transplant recipient. If you receive a bill for what you believe are costs related to organ donation, talk to the billing department of the hospital. You may have misunderstood the charges, or the costs may have been misdirected. Funeral expenses are still the responsibility of the donor's family.

3. Myth. I want my loved one to have an open casket funeral. That can't happen if his or her organs or tissues have been donated.

Reality. Like an autopsy, organ and tissue donation doesn't interfere with having an open casket funeral. If organs are taken, the body is stitched up as if the person were alive and had undergone surgery. The body is clothed for burial, so the stitches aren't visible. With skin donation, a very thin layer of skin similar to a sunburn peel is taken from the donor's back, and because the donor is clothed and lying on his or her back in the casket, no one can see any difference. For eye donation, an artificial eye is inserted, the lids are closed, and again, no one can tell any difference. For bone donation, a rod is inserted where bone is removed. The body is stitched up and clothed, so no one can see any difference.

4. Myth. I'm too old or have been too sick to donate. Nobody would want my organs.

Reality. There's no defined cutoff age for donating organs. Organs have been successfully transplanted from donors in their 70s and 80s. The decision to use your organs is based on strict medical criteria, not age. Don't disqualify yourself prematurely. Let the doctors decide at your time of death whether your organs and tissues are suitable for transplantation.

5. Myth. I'm under age 18. I'm too young to make this decision.

Reality. That's true, in a legal sense. But your parents can make this decision. You can express to your parents your wish to donate, and your parents might give their consent knowing that it's what you wanted. Children, too, are in need of organ transplants, and they usually need organs smaller than those an adult can provide.

6. Myth. Organ donation is against my religion.

Reality. Organ donation is consistent with the beliefs of all larger religious denominations in the United States. This includes Catholicism, Protestantism, Evangelicals and most branches of Judaism. If you're unsure of or uncomfortable with your faith's position on donation, ask a member of your clergy.

How to donate? Contrary to popular belief, signing a donor card or your driver's license does not guarantee that your organs will be donated. The best way to ensure that your wishes are carried out is to inform your family and doctor of your desire to donate with a Living Will that addresses that.

— David Britton Peel is a Millington attorney who primarily handles serious injury, death and disability cases, along with closings and wills. If you would like to contact Mr. Peel, you may do so at 901-872-4229 or at dpeel@bigriver.net. Mr. Peel is also available to speak to your church or club.

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Monday-Friday 5 a.m.-9 p.m.,
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Open 7 days a week!

From the Intramural Sports Coordinator:

Attention Volleyball Players:
The Intramural Sports is accepting rosters for the intramural co-ed volleyball league. Turn in your roster no later than Friday, March 17. A coaches meeting will be held on Monday March 20 at 11 a.m. and games will begin on Tuesday, March 21 at 11 a.m. So get your roster into the N-82 gym.

Intercommand Over 30 Basketball
The Intercommand over 30 Basketball program is about to begin, so get the players of your command, unit or code and send your roster to the N-82 gym Athletic Office no later than Thursday, March 23. Teams entered will be scheduled to play Monday and Wednesday beginning Monday, March 27. Your team entry authorizes you to reserve a court practice. There will be a coaches meeting on Friday, March 24 at 11 a.m. in the Intramural office located at N-82 Gym.

You can turn in your rosters for these sports by dropping them off at the N-82 gym, faxing them at 874-5409 or e-mailing them to apruitt@nsams.navy.mil. If you have any questions about these sports, please contact Amy at the Athletic Office at 874-5383.

Auto Skills Shop (Bldg. N-764)
Open Tuesday - Friday
10 a.m.-6 p.m.
Saturday 8 a.m.-4:30 p.m.
Closed Sunday and Monday

The Auto Skills Shop is here for those who prefer a more hands-on approach to auto maintenance. The Auto Skills Shop has the facility, equipment, tools, and library of repair manuals available for you to change a spark plug or do a major overhaul or restoration project.

For more information call Auto Skills Shop Manager at (901) 874-5675.

In the Auto Skills Shop Compound (Bldg. N-397)
Open Monday-Saturday
8 a.m.-4 p.m.
Closed Sunday and holidays

Canopy tents, dunk tanks and popcorn-poppers are just a few of the items we offer that can add a festive and a professional touch to command functions, family reunions, birthday parties and many other special activities.

Price lists are available upon request. For more information call Rental Center Manager at (901) 874-5675.

Sorry, Canceled
For more information call 874-5652

Tickets on Sale at the Following Locations:
IFT Office/Helms Club 874- 5652
North 82 Gymnasium 874- 5188
NSA Conference Center 874- 5198

All-Navy Women's Soccer Team Needs Players to Apply

GET A KICK OUT OF SOCCER?
All-Navy Women's Soccer Team

Tryouts and training camp
April 11 to May 1, 2006
Naval Station Mayport, Fla.

Application deadline is April 1

Fill out a Navy Sports Program application Available on the Navy MWR Web site: www.mwr.navy.mil/mwrprgms/sports.htm

For more information, contact Donald Golden, head, Navy Sports Program, at 901-874-6621/DSN 882 or donald.golden@navy.mil.

By Ingrid Mueller, Marketing and Multimedia Development Branch, CNI Millington Detachment

MILLINGTON, Tenn. The Navy Sports Program is looking for Sailors who are interested in competing for a spot on the All-Navy women's soccer team, which will hold its tryouts and training camp from April 11 to May 1 at Naval Station Mayport, Fla.

"Soccer is our largest women's All-Navy team sport, and we need a roster of at least 18 athletes to be able to field a team," said Donald Golden, head of the Navy Sports Program for the Navy's Morale, Welfare and Recreation (MWR) Division, Commander, Navy Installations Command (CNIC), Millington Detachment. "We would like to invite a group of at least 25 athletes to try out for the 18 available roster spots."

Sailors with high school or collegiate soccer experience are encouraged to complete a Navy Sports Program application, which is available on the MWR Web site at www.mwr.navy.mil/mwrprgms/sports.htm. The application, which gathers basic command and personal information, must be signed by the individual's commanding officer. Applications are due to the Navy Sports Office no later than April 1. To expedite the process, applications can also be submitted via fax to 901-874-6831/DSN 882.

"It's important to note that there is no cost to the Sailor's command," said Golden. "The Navy Sports Program will pay for all costs involved with participation in the program."

Athletes selected as members of the All-Navy women's soccer team will compete in the Armed Forces Sports Championships against teams from the Marine Corps, Army and Air Force. Following inter-service competition, the very best Navy soccer players will be selected to compete as members of the U.S. All-Armed Forces Team and go on to the Military World Games, which will be held in Paris, France, from May 22 to June 4. There the athletes will compete against teams from Germany, Canada, the Netherlands, France and ESALO (combined African team).

"We are also looking for Navy personnel who are interested in coaching the soccer team," added Golden. "Any base varsity coaches with prior experience in soccer are invited to submit the same application as the players," added Golden.

Completed applications should be faxed to the Navy Sports Office at 901-874-6831. Applications may also be mailed to: Commander, Navy Installations Command, Millington Detachment, Navy Sports Office, N221E, 5720 Integrity Drive, Bldg. 457, Millington, TN 38054-6510.

For the complete sports schedule and more information, including the Navy Sports application, please visit the Navy Sports Web site at www.mwr.navy.mil/mwrprgms/sports.htm or call the Navy Sports Office at 901-874-6621/DSN 882 or e-mail at donald.golden@navy.mil.

FAMILY MOVIE DAY!
at the Ellison Recreation Center
every Saturday 1 - 4 p.m.
(Movie begins at 1:30 p.m.)

The whole family is invited!
Drop by to enjoy a family rated movie and popcorn. Challenge your child to a game of pool, let them dazzle you with their video game prowess or just hang out.

11 March - Cheaper by the Dozen 2 (PG 13)
18 March - The Chronicles of Narnia (PG)
25 March - Harry Potter and the Goblet of Fire (PG 13)

Family Movie Day is open to all MWR authorized patrons. MWR authorized patrons are defined as all personnel who live and work onboard Navy Mid-South as well as Active Duty, Retired, and Reserve Military Personnel, Naval Support Activity Mid-South civilian personnel and their family members. Youth under 18 must be accompanied by a parent or guardian 18 years of age or older.

Ellison Recreation Center bldg S-499 NSA Mid-South. (901) 874-5650.

Youth Center and Teen Center happenings

NAVY TEEN CENTER

Available at TC:
• large screen TV
• PS 2 & X Box
• computers
• trips & events
• friends

Transportation provided to the Teen Center from Millington Middle & Millington High to the Teen Center for north side housing & off-base MWR eligible residents each afternoon.

First visit is FREE!

Hours: 2:15-6 pm Monday-Thursday
2:15-9 pm Friday & 4-9 pm Saturday
Monthly pass is \$5

Two staff members at all times!
Navy Teen Center 901-874-5494 Bldg. 6-770

FAMILY SKATE NIGHT

Saturdays 7-10 pm

8 & older can stay unaccompanied

Hosted at the N-82 Gymnasium by your Navy Youth Center

Skaters of all ages are invited to join us at the Gym each Saturday for a night of family fun. Admission of \$3 includes skate rental. Parents accompanying their children skate Free.

Great location for birthday parties and end of the season team parties!

Separate areas for beginners, parties & teens (6th-12th)!

Youth Center 901-874-5155

SATURDAY PLAY

Navy Youth Center Bldg. 936 901-874-5155

K-5th Graders

Saturday 1-5 pm \$3

Fun, games & friends await!

Registration in the Youth Center's Before & After School Program is NOT required. Simply complete/update paperwork!

At the Youth Center mid-August through April!

Dance Classes

Ballet, Jazz & Tap

NSA Mid-South Conference Center N-767

AGE GROUP	CLASS TIME	\$10 Family Registration Fee
2-4 years	9-10 am	
4-5 years	10-11 am	
6-8 years	12-1 pm	
8-12 years	11 am-12 pm	
12 & older	8-9 am	

Monthly Fee:
Military/Retiree \$30
DoD \$35
Community Civilian \$40

First class is FREE!

Call the YC for class info & for multi-child discount rates!

Instructor: Peggy Holden Armstrong
Has over 20 years experience in dance instruction.

Youth Center 901-874-5155

KARATE

SHORIN-RYU

MONDAY & WEDNESDAY 5:30-7 pm YC Bldg. 936

Ages 6-Adult

Monthly Fee:	DoD Civilian:
Ages 6-8 \$15	Ages 6-8 \$20
9-16 \$20	9-16 \$25
17 & up \$25	17 & up \$30

First class is FREE!

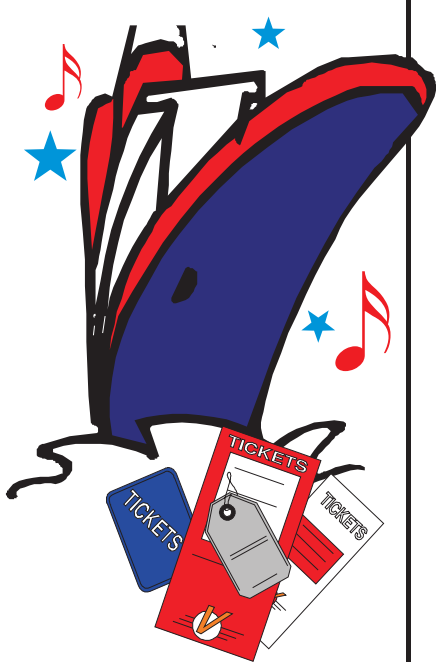
Navy Youth Center Bldg. 936 901-874-5155

UPCOMING KID'S NIGHT OUT				
\$5 non-refundable deposit required of all KNO participants to be placed on the list. For more information call the Youth Center at (901) 874-5155.				
WHO	WHERE	WHEN	REG.	HOW MUCH/INCLUDES
1 st -5 th	Movie ()	Friday, 17 March	3/6	\$10 = Movie ticket, transportation to/from movie, supervision, ride home (upon request)
*	The Shaggy Dog	5:30-11pm		
1 st -5 th	Movie (G)	Friday, 7 April	3/27	\$10 = Movie ticket, transportation to/from movie, supervision, ride home (upon request)
*	Ice Age 2	6-11pm		
K-5th	Youth Center	Friday, 21 April	4/10	\$10** = Fun, pizza, lemonade, games & supervision **Month of the Military Child = \$5 discount Active Duty \$10 = Fun, games & supervision
		530-11pm		
K-5th	Youth Center	Friday, 5 May	4/24	
		6-11pm		

* Kindergarteners become eligible for KNO-trips effective January 2006 on a case-by-case basis.

Morale, Welfare and Recreation

ITT vacation and ticket offers



Information, Tickets and Travel office is located in Bldg. S-760
ITT office open
Monday-Friday 9 a.m.-5 p.m.
1st and 3rd Saturday each month 10 a.m.-2 p.m.
Closed Sundays, and holidays
For more information call (901) 874-5455/5652, 1-800-779-4252 or Fax: (901) 874-5322.

Special Disney Cruise rates for Active Duty Military (Offer for March and April 2006)

7-Night Cruise!
From...\$999.00 per adult (Standard inside Stateroom)

3-Night Cruise!
From...\$549.00 per adult, \$399 per child (3-12) (Deluxe Outside Stateroom)

Special Disney Cruise rates for Active Duty Military! (Offer for March and April 2006) Disney Cruise Lines is pleased to announce an offer for Active Duty Military Personnel to experience a Disney cruise vacation. Choose a 7-night cruise to the Eastern or Western Caribbean or a 3-Night cruise to the Bahamas. Enjoy spectacular shows, fantastic programs, unique rotation dining, legendary Disney hospitality and an unforgettable adventure in paradise at Disney's own private island, Castaway Cay. To book a Disney Cruise Line vacation contact Your Cruise Specialist: Gina Parsons 874-5288 Gina.Parsons@navy.mil or Bonnie McDaniel 874-5304 Bonnie.McDaniel@navy.mil. Information, Tickets and Travel Office, in the Helmsman Complex Bldg. S-760 Navy Mid-South or call (901) 874-5652/5455, 1-800-779-4252.



Enjoy St. Patty's Day in Tunica at Fitzgerald's Tunica Charter Bus Trip Friday, March 17

Cost \$15 per person includes transportation and free buffet!



Kirkwood Golf Course Outing May 2

Warm, sunny days are just around the corner -- Join ITT on a golf outing to Kirkwood National Golf Course Tuesday, May 2. "Kirkwood National offers golfers of every level of playing ability a challenging experience." Cost includes transportation on ITT's comfortable, restroom equipped coach bus, soda/water and plus golf fees and cart. Visit ITT to register by Monday, 24 April. Space is limited. Cost \$43 per person.



NASCAR Season tickets \$99.50!

Stop by ITT to order your season ticket and receive a free T-shirt or cap along with your welcome package. NASCAR Passes include "Best Seat," "Premium parking" (\$20 value,) "NASCAR Practice tickets" (Truck Series practice-\$15 value and Busch Series practice (\$15 value,) "Fan Fest," "Fan Walk," (infield access to both races \$30 value) and "Merchandise discount card," Craftman Truck Series July, 15 (\$45 value.) NASCAR Busch Series Oct. 29 (\$55 value) Tickets will be mailed 6 weeks before race day.

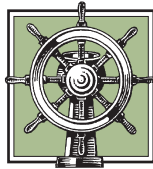


Discount Game tickets!

Memphis Grizzlies vs Utah Jazz Sunday, March 19, 2006 at 3 p.m.
\$17.50 \$24.50
With each ticket purchase receive a voucher for a free hot dog & pepsi.

Memphis Grizzlies vs Atlanta Hawks Sunday, April 2, 2006 at 3 p.m.
\$23.50 \$31.50 \$58.50
With each ticket purchased receive Malco Movie Voucher, free Grizzlies T-shirt voucher and free game voucher.

... Dining...



at the HELMSMAN COMPLEX

Bldg. S-760 Navy Mid-South....for information call 874-5132

Join us for lunch and more!
Lunch served 10:30 a.m.-1 p.m.
Monday - Friday

(See calendar below for daily buffet entree menu.)

\$5.25 Value Spotlight

Daily Plate Lunch special

Your choice of one of the entree items from the buffet, one starch, one vegetable and a side salad or cup of soup with rolls plated from the buffet selections by your server.



March Lunch Specials

#1 Hamburger Club \$ 5.00
Two choice grilled patties with cheese, bacon, lettuce, tomato on Sourdough bread. Served with French fries. Served with one trip to salad bar.....\$5.25
Served with both.....\$5.50

#2 Philly Sub \$ 5.25
Choice Rib-eye steak, sauteed onions, mushrooms, onions, green peppers, melted Swiss cheese. Served with French fries. Served with one trip to salad bar.....\$5.50
Served with both.....\$5.75

#3 Chicken Philly Sub \$5.25
Choice chicken, sauteed onions, mushrooms, onions, green peppers, melted Swiss cheese. Served on toasted French roll with fries. Served with one trip to salad bar.....\$5.50
Served with both.....\$5.75

#4 Lunch for two\$12.00
One topping large pizza. Two trips to the salad bar. Two beverages.

SUNDAY CHAMPAGNE BRUNCH DOUBLE DELIGHT!

MARCH. 12 AND MARCH 26!
11 A.M. - 1 P.M.

Menu includes
carved top round of beef au jus, Tennessee pit smoked ham, southern fried chicken, mashed potatoes with gravy, candied yams, green beans, corn obrien,

eggs cooked to order, sausage, bacon, grits, hash browns, French toast, biscuits, rolls, coffee, tea, orange juice, and champagne.

Adults \$8.95
Children age 5-10 half price
Children under 5 eat free



St. Patrick's Day Special Friday, March 17

A special game of bingo played Friday, March 17.
Free Dinner Special served 5-7 p.m.
Featured menu entree: Corned Beef and Cabbage.

The bingo program includes "Early birds" at 6 p.m. and "Regular program" at 7 p.m. Overall daily payout approximately \$6000+ over thirty-two games with average minimum payouts of \$150 and jackpots up to \$1000 each. Bring your friends and family for a night of fun and excitement. Cash bar and food service available each night. The MWR bingo program is open to all MWR authorized patrons. Patrons must be 18 years of age to attend. The Seven Seas Bingo Hall is located in the Helmsman Complex (bldg. S-760) Navy Mid-South. For more information call 874-5443.

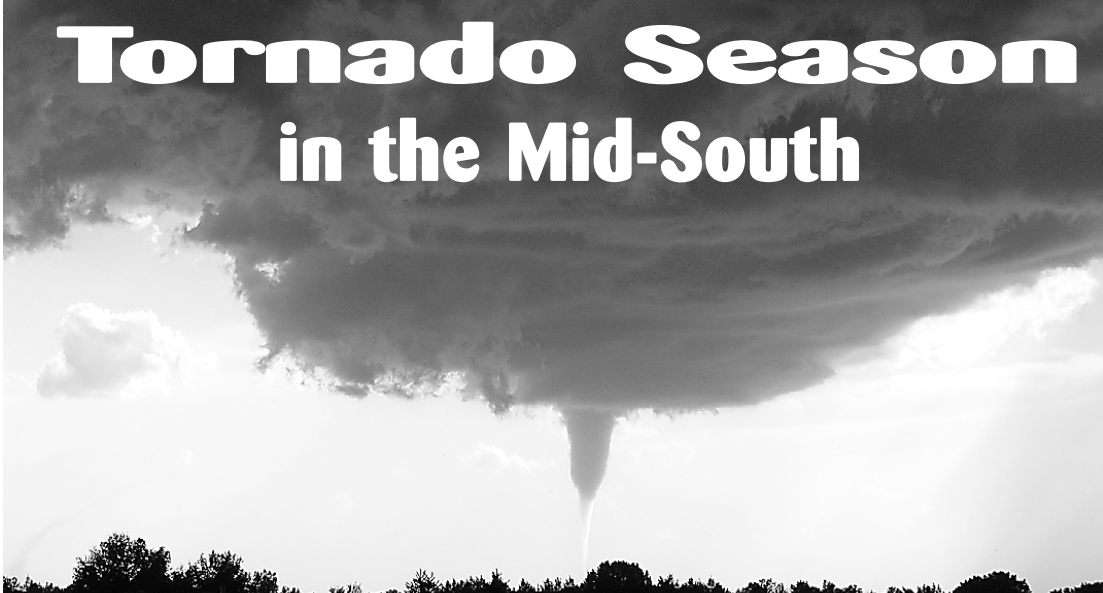
IN THE COMING WEEK!

MAR. 9-18, 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><p>Enjoy a FREE picture show in our 36-seat movie theater. Popcorn and snacks available. All shows start at 7 p.m. unless otherwise specified.</p><p>Ellison Recreation Center is open to active duty, retired, reserve military members, DoD employees and their family members. Patrons must be 18 years or older to attend.</p></div>	<div><p>Helmsman Lunch Buffet 13 Mexican Lasagna Lemon Pepper Chicken</p><p>Spring Break Movie 11 a.m. March 13 -17 at Ellison</p><p>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</p><p>Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Derailed (R)</i></p></div>	<div><p>Helmsman Lunch Buffet 14 Oven Roasted Pork Loin Oven Roasted Chicken</p><p>Movie Premier Night Second Tuesday each month Ellison Recreation Center starts at 6:30 / movie at 7 p.m. (must be 18 or older)</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>The Family Stone (PG 13)</i></p></div>	<div><p>Helmsman Lunch Buffet 15 Fried Chicken BBQ Pork</p><p>Spring Break Movie 11 a.m. March 13 -17 at Ellison</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Jarhead (R)</i></p></div>	<div><p>Helmsman Lunch Buffet 9 Roast Beef Pit Smoked Ham</p><p>Kid's Night Out Youth Center Register today! 874-5155</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Just Friends (PG 13)</i></p></div>	<div><p>Helmsman Lunch Buffet 10 Fried Catfish Lemon Pepper Chicken</p><p>TEXAS HOLD 'EM POKER Every Friday 7 p.m. Golf Course</p><p>BINGO 4-10 p.m. Bingo Hall!</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Derailed (R)</i></p></div>	<div><p>Ballet, Jazz and Tap Class 11 every Sat. 8 a.m.-12 p.m. at the Conference Center</p><p>FAMILY MOVIE DAY! Ellison Rec. Center Every Saturday 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>Cheaper by the Dozen 2 (PG 13)</i></p><p>Family Skate Night 7-10 p.m. N-82 Gym For info call 874-5155</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Shop Girl (R)</i></p></div>
<div><p>12</p><p> Sunday Champagne Brunch 11 a.m.-1 p.m. Helmsman Complex</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Kiss Bang Bang (R)</i></p></div>	<div><p>Helmsman Lunch Buffet 13 Mexican Lasagna Lemon Pepper Chicken</p><p>Spring Break Movie 11 a.m. March 13 -17 at Ellison</p><p>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</p><p>Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Derailed (R)</i></p></div>	<div><p>Helmsman Lunch Buffet 14 Oven Roasted Pork Loin Oven Roasted Chicken</p><p>Movie Premier Night Second Tuesday each month Ellison Recreation Center starts at 6:30 / movie at 7 p.m. (must be 18 or older)</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>The Family Stone (PG 13)</i></p></div>	<div><p>Helmsman Lunch Buffet 15 Fried Chicken BBQ Pork</p><p>Spring Break Movie 11 a.m. March 13 -17 at Ellison</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Jarhead (R)</i></p></div>	<div><p>Helmsman Lunch Buffet 16 Roast Beef Pit Smoked Ham</p><p> Coed Volleyball rosters due. Call 874-5188 for info.</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>The Family Stone (PG 13)</i></p></div>	<div><p>Helmsman Lunch Buffet 17 <i>St. Patrick's Day Special</i></p><p><i>St. Patrick's Day</i> Luck o the Irish Bingo Special</p><p>St. Paddy's Pool Party at the Ellison</p><p>ITT St. Patrick's Day Tunica Trip</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Kiss Bang Bang (R)</i></p></div>	<div><p>Ballet, Jazz and Tap Class 18 every Sat. 8 a.m.-12 p.m. at the Conference Center</p><p>FAMILY MOVIE DAY! Ellison Rec. Center Every Saturday 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>Chronicles of Narnia (PG)</i></p><p>Family Skate Night 7-10 p.m. N-82 Gym For info call 874-5155</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Fun with Dick & Jane (PG 13)</i></p></div>

Youth Spring Break Play Days Mar.. 10-17

Tornado Season in the Mid-South



COURTESY OF THE AMERICAN RED CROSS MID-SOUTH CHAPTER

Preparedness for any type of disaster is an everyday task for everyday life. Being prepared for an emergency, whether at work, school, or home, is crucial.

It is time for tornado season in the Mid-South. Officials with the Mid-South Chapter of the American Red Cross have some helpful hints on how you can be prepared should a tornado happen in our area:

- * Prepare a home tornado plan - identify a place where family members could gather if a tornado is headed your way. It could be your basement or, if there is no basement available, a center hallway, bathroom, or closet on the lowest floor of your home. Whichever location you chose,

remember to keep this place uncluttered.

- * High-rise buildings - If you find yourself in a high-rise building when a tornado appears, you may not have enough time to go to the lowest floor. If this is the case, pick a place in a hallway in the center of the building.
- * Stay tuned for storm warnings - Listen to your local radio and television stations for updated storm information.

You should also know the differences in a "watch" and a "warning." A tornado watch means a tornado is possible in your area, while a tornado warning means a tornado has been sighted and may be headed for your area. If it is a tornado warning, go to a designated safe location immediately.

Navy Celebrates Women's History Month

BY JO3 CHRIS HWANG
NAVY PERSONNEL COMMAND
COMMUNICATIONS OFFICE

March 2006 marks the 19th annual observance of Women's History Month, a time when the Navy celebrates and recognizes the many contributions women have made to our Navy and nation.

This year's theme, "Women; Builders of Communities and Dreams," honors the spirit and the dreams embodied by generations of women who brought communities together and restored hope in the face of great challenges. "It is the spirit and hard work of Navy women in years past which allows for the opportunities we have today," said gas turbine assessor with Afloat Training Group Pacific in San Diego, Lt. Kim Holdercroft. "Although we have come a long way in a short time, the work of every woman contributes to a stronger future for women in the Navy."

The U.S. Navy female pioneers who broke ground by being the first in their communities and by setting standards of excellence for all to follow began with the establishment of the Navy Nurse Corps in 1908. Since then women have been an integral part of the Navy and exhibited an ever increasing influence and impact. Following in the footsteps of pioneers such as Radioman Dixie Kuhn, the first enlisted woman selected for the seaman-to-admiral program; Cmdr. Elizabeth Barrett, first woman to hold command in a combat zone in Vietnam; Cmdr. Rosemary Mariner, first woman to command an aviation squadron and Lt. Marissa McClure, first woman to command a coastal patrol craft in 2005.

Women continue to demonstrate their ability to meet new challenges and assume greater roles in the Navy's future. According to Corrections Specialist Petty Officer Rhonda Corbin, females have come a long way, starting with limited duty as nurses and administrative personnel to today - fighting along with the males in the Middle East combat zones. Corbin served as part of the Central Command commander's protective service detail. She was one of the two females in the team. Her workday consisted of site surveys in such area as Baghdad, information gathering and any other security issues concerning the senior officers. "There are a lot of females that set the ground work for us. There's still a misconception that females shouldn't be in combat, but it all comes back to training. It's about teamwork. In teamwork, everyone has a weakness and strength. It doesn't have anything to do with being male or female. It has to do with each indi-



MA1 Rhonda Corbin returns home after her final mission in Iraq. Her duties consisted of site surveys, information gathering and any other security issues. (Photo by Ssgt Dove, U.S. Army)

vidual. It's about how they're trained and what their own capabilities are and their personal desires," said Corbin.


Today, there are more than 54,000 service women in the U.S. Navy. There are about 8,000 female officers, 2,500 female chief petty officers and 43,500 female enlisted members serving throughout the fleet. For more information about women's history month, visit the following web sites:

- * National women's history project, www.nwhp.org
- * National women's history museum, www.nwhm.org
- * Women in military

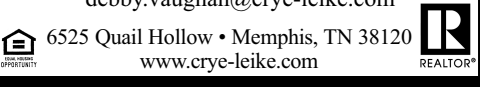
service memorial, www.womensmemorial.org

* Women's research and education institute, www.wrei.org

Editor's Note: The 2006 Women's History Month Luncheon will be held at the Helmsman Complex Ballroom on Fri., Mar. 24 at 11:30 a.m. The theme is "Women: Builders of Communities & Dreams" with guest speaker Ms. My Harrison, Special Agent In Charge, FBI Memphis Division. Tickets are \$8 in advance or \$9 at the door. Tickets may be purchased at the Base Chapel through Tues., March 21st. Call 874-5341 for more information.



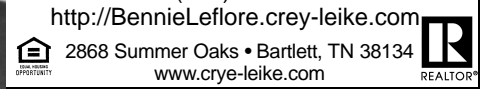
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MMMM...TOASTY!



EYE ON THE FLEET



Up and Over - U.S. Navy dog handler MA2 Mathew Tarlton, assigned to Military Working Dog Kennel Naval Station Everett and his partner, military working dog Boy, conduct patrol drills as part of their required training. The pair has been working together since last December enforcing the Navy's zero tolerance policy on drugs. (Photo by PH3 Class Douglas Morrison)

WORD SEARCH

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